

Tuesday, Sept. 9, 2014



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CROAT OVERPOWERS JAPAN'S NISHIKORI, WHO WOULD HAVE BEEN FIRST MALE ASIAN CHAMP

PAGE 20



Troops help rescue Kashmir flood victims

Thousands stranded after six days of torrential rain

PAGE 8



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BY GEORGE, A SIBLING!

In this 2013 file photo, Britain's Prince William, right, and Kate, Duchess of Cambridge hold George, the Prince of Cambridge outside St. Mary's Hospital's in London. The Duchess is expecting her second child and was being treated for severe morning sickness, royal officials said Monday. See story, page 11.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS FILE

Iveson set for first meeting with Prentice

Transition team. Premier-designate doesn't rule out unelected cabinet ministers

Mayor Don Iveson is hoping Alberta's soon-to-be premier will be willing and eager to work with the province's cities when he takes office next week.

Former federal cabinet minister Jim Prentice won the Progressive Conservative leadership over the weekend and has announced he hopes to be sworn in very soon.

Iveson said he expects to meet with Prentice sometime this week and hopes to show him investments in Edmonton can save the provincial government money.

"I look forward to talking

about some of those opportunities to help him work together with us to save money on health-care costs, help him get more people to work," he said.

Iveson said he would love to see the new premier work to address police funding, work on social programs to reduce poverty and make a long-term commitment to LRT.

"We don't need that today, but within the next year would be very helpful," he said.

Speaking with reporters Monday, Prentice says he's looking for a legislative reset on his caucus, starting with a possible throne speech in the fall and non-elected appointees to cabinet.

"I'm hopeful that the swearing-in would happen very quickly, potentially next Monday, but those decisions haven't been finalized yet," Prentice said Monday at Government House.

The former Calgary Conservative MP also said he hasn't decided where he will run in a byelection to gain a seat in the house.

Prentice said he plans to announce the new cabinet at the same time he is sworn in.

He said it will have about 20 members — about 10 fewer than the executive council run by Redford.

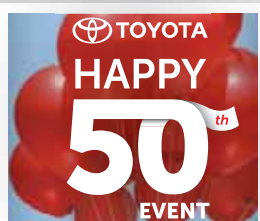
In the closing days of the leadership race, there were reports that Prentice was considering appointing former Edmonton mayor Stephen Mandel to cabinet.

Prentice wouldn't say Monday if he would appoint Mandel, who's currently part of his transition team.

But he did say: "You know how highly I think of him and I would love to have him on our team."

RYAN TUMILTY/METRO WITH FILES FROM THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1

GET POKED

The University of Alberta and Canadian Blood Services are teaming for 1,000 Pokes — a one-day event to blood-type 1,000 students.

2

YET ANOTHER REMINDER

While the coming cold hardly makes one want a dip, the city said yesterday that all outdoor pools are closed for the season.

3

AN APPLE 6 A DAY

Apple is expected to unveil two versions of the latest incarnation of its smartphone today: one with a pretty big screen and one with a really big screen.

4

MAGNOTTA TRIAL

Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, over the infamous 2012 body-parts case.

5

FOR THE LITTLE ROLLING STONES

Rocker Keith Richards' first children's book, Gus & Me, about his granddad, is out today.

Wanted: Dry cleaners to starch up hopes of the unemployed

A Great Impression.

Edmontonian hopes to maintain their 'dignity' and 'basic confidence'



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

One Edmontonian's plan to help local unemployed people came about because of a chain email.

Greg Miskie was inspired by an image in an email titled "50 photos to restore your faith in humanity." The image came from a dry cleaners that offers free service to individuals that need clean clothes for a job interview.

He wants to bring the idea to Edmonton in what he has called "A Great Impression."

"It's a splice off a larger idea that I'd like to play off of more, but it takes co-ordination," he said.

Miskie wants to start off with a minimum of 10 local dry cleaners who would support the cause.

"There are so many stress-ful variables in getting a job

Scope

Some dry cleaners across North America already offer the service.

- According to Homeward Trust, a 2012 survey counted 2,174 homeless Edmontonians.

that are beyond a person's control. Helping someone to maintain the dignity of being clean gives them the most basic confidence when going into an interview for a job that they likely very much need. I have no idea how much need there is for this in Edmonton but do know it's something our community can and should support," he writes in his Make Something Edmonton post.

Alternatively, if companies agree to provide the service at cost, Miskie wants to gather a group of individuals who would be willing to pay for those in need.

"If I can start with one piece of this network and get it established, then eventually I'd love to roll it into something more," he said.

One Edmontonian hopes dry cleaners in the city participate in a plan to offer the service to those in need. Greg Miskie wants to start off with a minimum of 10 local dry cleaners who would support the cause, or a number of individuals willing to pay for the unemployed.

COURTESY MAKE SOMETHING EDMONTON

1 NEWS



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City sticking with photo radar despite cost overruns

Cameras. Report found costs skyrocketed as the service was brought in-house



RYAN TUMILTY
ryan.tumilty@metronews.ca

Councillors grilled administration Monday about the \$47 million in cost overruns associated with the city's takeover of photo-radar cameras, but they say they're committed to the program.

The city's auditor revealed the massive cost overrun in a report released last week, which showed the city underestimated the amount the switch from a private contractor would save.

Mayor Don Iveson said it's clear mistakes were made, but he still believes in

By the numbers

1.1M

The audit revealed the city had issued 1.1 million photo-radar tickets, while it had originally anticipated 750,000.

the program.

"Something obviously went very wrong in the original plan to make the transition. I think time has proved that it was the right decision to bring photo radar in-house," he said.

No one has been directly held accountable for the cost overruns, a number of which happened under staff who are no longer with the city, but Iveson said he doesn't think a blame game would be particularly helpful.

"I think it's more about our expectation going forward than putting a head on

a stake," he said.

Coun. Mike Nickel said the audit is disappointing, but he's also upset no one's being held accountable.

"I feel the buck is being passed," he said.

Gord Cebryk, the city's manager of transportation, said administration knows they have to do more to make the business plans better.

"We're going to make every attempt to make sure that we have the programs and policies in place to make sure we deliver things on time and on budget," he said.

Nickel said because the rising costs were covered with rising tickets, to some it will look like the rules are being tightened to cover losses.

"That's the accusation that the public can make," he said. "We have all seen our speeding tickets get a little tighter."



A speed-on-green camera captures drivers at 109 Street and 104 Avenue. The introduction of speed-on-green cameras was one of the factors that saw increased costs for the city. RYAN TUMILTY/METRO

EPSB ironing out yellow school bus GPS wrinkles



Students are now entering their second week of classes and EPSB is currently working to correct issues with yellow school bus GPS systems. METRO FILE

Despite a few start-of-the-school-year glitches, the city's public school district says most issues with yellow bus GPS tracking should be solved by the end of the month after parents voiced concern about the system.

According to EPSB spokesperson Raquel Maurier, the district is currently running 580 yellow buses with the new GPS system,

which allows parents to pinpoint their child's school bus in real time.

"Some of the problems can either be with the hardware or it not transmitting properly, but they fully expect all the problems will be remedied by the end of September," said Maurier.

The current number of yellow school buses with the tracking system is more

than the district has ever run, she added.

"There were a couple of times when the GPS didn't work and we are looking into it, but the number of buses using GPS system this year has doubled compared to last year, so it's just some first-week glitches," Maurier said.

EPSB's assurance on corrections to the GPS system

comes one day after parents voiced concern about long bus times to their school of choice.

While EPSB recently re-routed a number of buses to address capacity concerns in outlying schools, parents opting to send their children to a special program should expect bus rides closer to an hour and a half, Maurier said.

LEAH GERMAIN/METRO

Amber Lucius

'My heart is broken,' says dad as mom charged in girl's murder

As police upgraded charges against the mother of a murdered Alberta girl Monday, the victim's father said his heart is broken and the entire community will feel the loss of his "innocent, sweet and lovely daughter."

The body of nine-year-old Millet girl Amber Lu-



Amber Lucius CONTRIBUTED

cus was found in a parked vehicle near Sundre Tuesday. Mother Laura Coward was standing nearby.

Coward, 47, was to face

charges of abducting the youngster in violation of a court order, break-and-enter and theft, but RCMP said Monday those counts would be replaced by a first-degree murder charge.

Court documents describe a bitter divorce and ongoing custody tug-of-war between Coward and Amber's father Duane Lucius.

On Monday, Lucius issued a statement through RCMP sharing what he enjoyed best about his little girl and requesting privacy for him and his family as they grieve.

"My heart is broken,"

he wrote. "The time I had with Amber was cut short but the time I had with her will always be the most special time of my life."

"Amber was lots of fun. A parent never knows when a child may be taken from them, so I urge you to make the time to have fun with your children, and never take them for granted."

RCMP officially learned how Amber died from the medical examiner on Monday, but they didn't disclose that information during a news conference.

Coward is due to appear

in court in Calgary on Oct. 6.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

Politics

Veteran MP Goldring to retire

Longtime Edmonton Conservative MP Peter Goldring says he will not run again in the next federal election.

Goldring, 69, says it's time to move on to other projects as well as spend

more time with his family.

He was first elected in the riding of Edmonton East in 1997 under the Reform party banner.

He says highlights in his political career include his work on the unity committee following the 1995 Quebec referendum, three years as veterans affairs critic and his work in Ukraine.

He helped oversee the 2004 presidential election in that country and last May undertook a fact-finding mission for the federal government.

THE CANADIAN PRESS



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'Interesting overture.' Iveson open to regional transit idea with St. Albert

Mayor Don Iveson said he's glad to see the city's neighbours thinking about regional transit, but the city can't move full-speed ahead on the idea.

City councillors in St. Albert passed a motion last week calling on the two cities to work towards a single agency that would operate transit in both cities. The motion called for the two mayors to work together and study the idea, without any firm commitment.

Iveson said the city is still looking into the future struc-

ture of its own system.

"At this point we have our own strategic review of transit going on," he said.

He said there would be a lot to consider and Edmonton would need a lot of information before it could move ahead.

"I don't think we're going to get there overnight, but it's an interesting overture," he said.

"I'm pleased that one of our significant neighbours is interested in looking at how we can jointly deliver services."

RYAN TUMILTY/METRO

Kananaskis Country

Plane makes emergency landing on highway

Engine failure during a flight to British Columbia from the Calgary region forced an experienced pilot to bring his single-engine plane down on a highway in Alberta's Kananaskis Country.

RCMP say officers were called Sunday afternoon after getting a mayday call from a pilot flying over the mountainous and heavily treed region in southwestern Alberta. Soon after, they learned the engine failed, but the pilot had managed to land safely on Highway 40. The pilot, who was the lone occupant of the plane, was not hurt and the aircraft was not damaged. **THE CANADIAN PRESS**

Organizers hope to Lift the Silence on suicide



Nancy McCalder of The Support Network spoke Monday to kick off the start of Lift the Silence Suicide Awareness Week. LEAH GERMAIN/METRO

Awareness Week.

Events focus on addressing early stages of crisis

As Edmonton's city council considers adding suicide barriers to the city's highest bridges, local organizers are hoping to shed light on early forms of crisis as part of Suicide Awareness Week.

Now in its 13th year, Lift the Silence kicked off Monday and includes a series of events and showcases encouraging people to get out and engaged when it comes to speaking about crisis.

Nancy McCalder of The Support Network said the week aims at bringing awareness to suicide in the province, which she estimates is the cause of death for roughly 500 people per year.

In an effort to curb suicides from one of the city's highest structures, council has indicated support for adding sui-

Quoted

"It's hugely important that we have more resources put into awareness and services in the community, because the barriers may prevent someone from jumping — there is no guarantee."

Nancy McCalder, The Support Network

cide barriers to the High Level Bridge.

While McCalder said the barriers could prevent some suicides, the infrastructure isn't addressing the cause of the crisis. "It's hugely important that we have more resources put into awareness and services in the community, because the barriers may prevent someone from jumping — there is no guarantee," she said. "People that are determined to die may find another way to die."

LEAH GERMAIN/METRO

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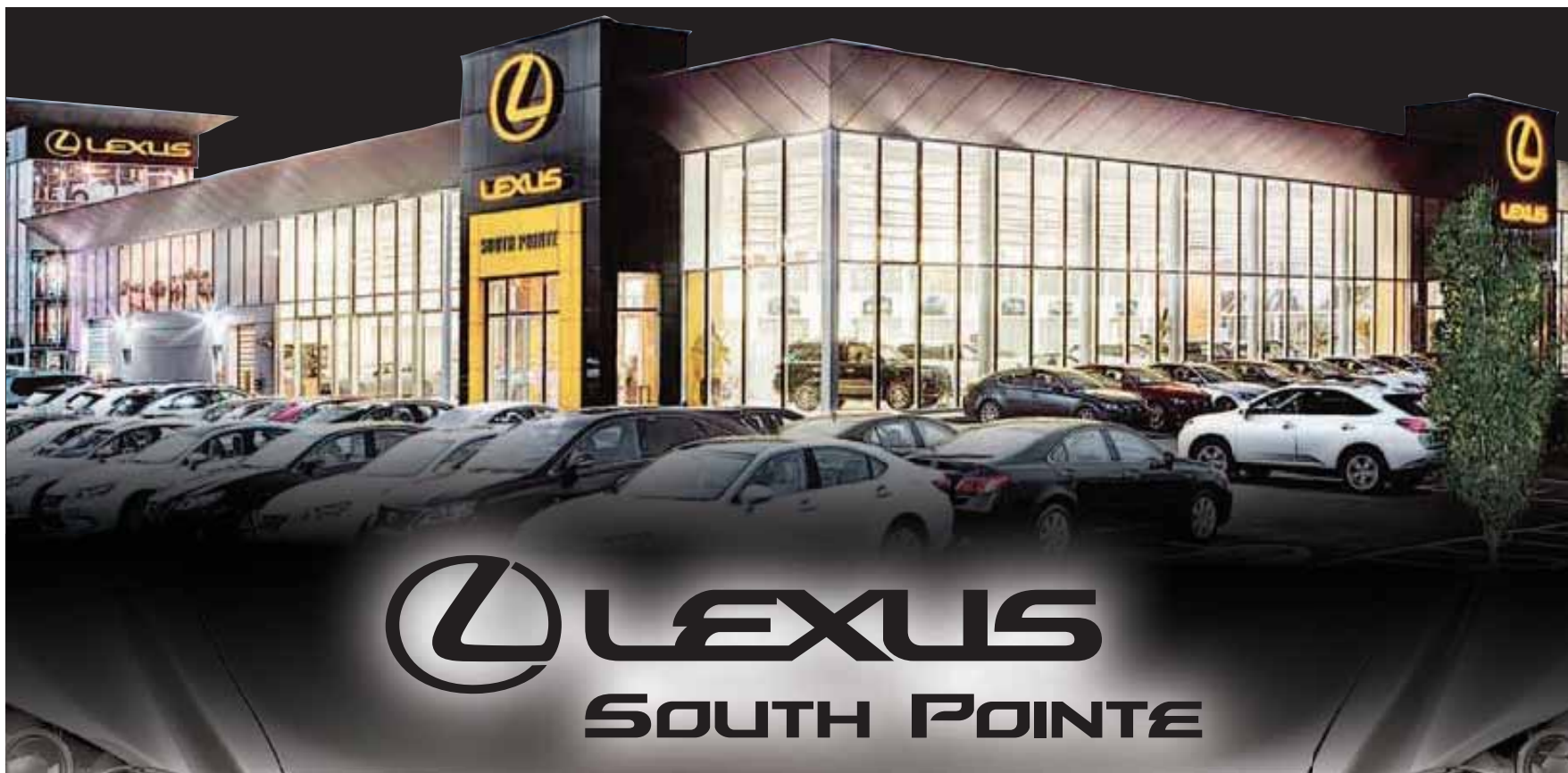


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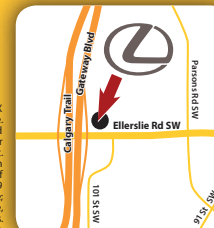
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Climate change. It's the issue that cannot be named in many U.S. cities

Climate change remains a political minefield across the U.S., despite the strong scientific consensus that it's happening. So some local leaders have hit upon a way of preparing for the consequences without triggering partisan warfare: Just call it something else.

In many communities, they're planning for the volatile weather linked to rising temperatures by speaking of "sustainability" or "resilience," while avoiding no-win arguments with skeptics over whether the planet is warming or that human activity is

responsible.

Cities and towns are shoring up dams and dikes, using roof gardens to absorb rainwater or upgrading sewage treatment plans to prevent overflows. Others are planting urban forests and helping farmers deal with an onslaught of new crop pests.

The pattern illustrates a growing disconnect between the debate still raging in politics and the reality on the ground. In many city planning departments, it has become the issue that cannot be named. **THE ASSOCIATED PRESS**

Chile

Seven injured in subway explosion

A bomb exploded in a Santiago, Chile, subway station on Monday, injuring at least seven people.

It was the most damaging in a string of bombs planted

around the capital this year.

The injuries apparently were caused by fragments in a fire extinguisher placed in a trash bin by a food stall at the Escuela Militar subway stop.

Some anarchist groups have claimed responsibility for earlier blasts, demanding freedom for two imprisoned anarchists. **THE ASSOCIATED PRESS**

Troops rescue thousands stranded by Kashmir floods



Pakistani army soldiers help rescue villagers in Pindi Bhatian, 105 kilometres northeast of Lahore, Pakistan, Monday. K.M. CHAUDARY/THE ASSOCIATED PRESS

Worst in five decades.

More than 120 people have died in India and 205 in Pakistan

Rescue workers in boats and helicopters worked to save thousands of people trapped in homes and on rooftops Monday after floods and landslides killed more than 320 people in the Himalayan region of Kashmir and eastern Pakistan.

Six days of torrential rains have soaked both sides of the divided territory of Kashmir, which India and Pakistan

Quoted

"We had been on the roof (of a mosque) for two days until the helicopter rescued us."

Farmer Abid Hussain, who was among those rescued in the Bagh Unna area

each claim.

The countries' leaders kept tensions low in the wake of the floods. On Sunday, Indian Prime Minister Narendra Modi sent a letter to his Pakistani counterpart, Nawaz Sharif, offering India's help in relief efforts to the Pakistan-controlled portion of Kashmir. Sharif issued a statement of his own, saying Pakistan is "ready to help in whatever way possible" in Indian-controlled Kashmir.

But given military tensions, it is unlikely either side will take up the offers.

Although the rain has stopped, thousands of people were in peril in both countries. In the Indian-controlled portion of Kashmir, which suffered its worst flooding in five decades, the force of the water snapped electric pylons and disrupted mobile telephone and landline networks, leaving many in the dark with no means of communication.

THE ASSOCIATED PRESS

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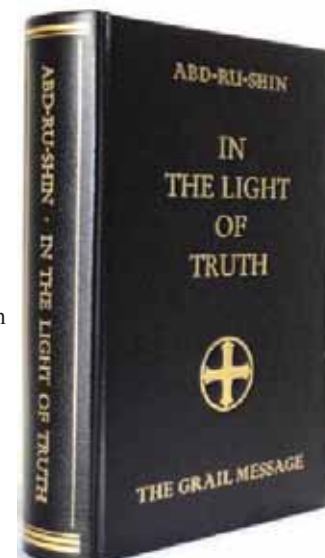
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World Vision sponsorship changes a life



Teen fulfills dream of becoming an artist

Manuel Mendoza scoots along a ramp in his family's home. The 18-year-old has a congenital birth defect that causes him to have very limited use of his arms and legs. Manuel lives near picturesque Lake Atitlan in Guatemala. Families here make a living through fishing, farming, or the tourism industry. As a child, Manuel's parents struggled to provide for their five kids, and support their son's special needs.

But about 10 years ago, Manuel's life changed when he became sponsored through World Vision. Manuel's sponsor saw beyond his disability, to a child filled with potential.

Through the sponsorship program, Manuel received physical therapy, medication for seizures, and a wheelchair.

"Before, I felt like I was an outcast and I didn't belong to my community," he says. "Having a wheelchair meant a life change for me."



Sponsorship has brought Manuel a sense of hope. "I feel encouraged. I want to thank God because I have support to move on."

Now he is pursuing a new dream — of painting.

He demonstrates gripping the pencil in his mouth. The drawing springs to life with his careful strokes. With practice, Manuel has mas-

tered oil painting — his supplies purchased by World Vision staff, as a gift from his sponsor.

He regularly sells paintings in his village, but has also sold them as far away as the United States, London, and Italy.

Manuel hopes to become a counsellor and plans to encourage his future patients through art therapy. He wants to offer the encourage-



CONTRIBUTED PHOTOS

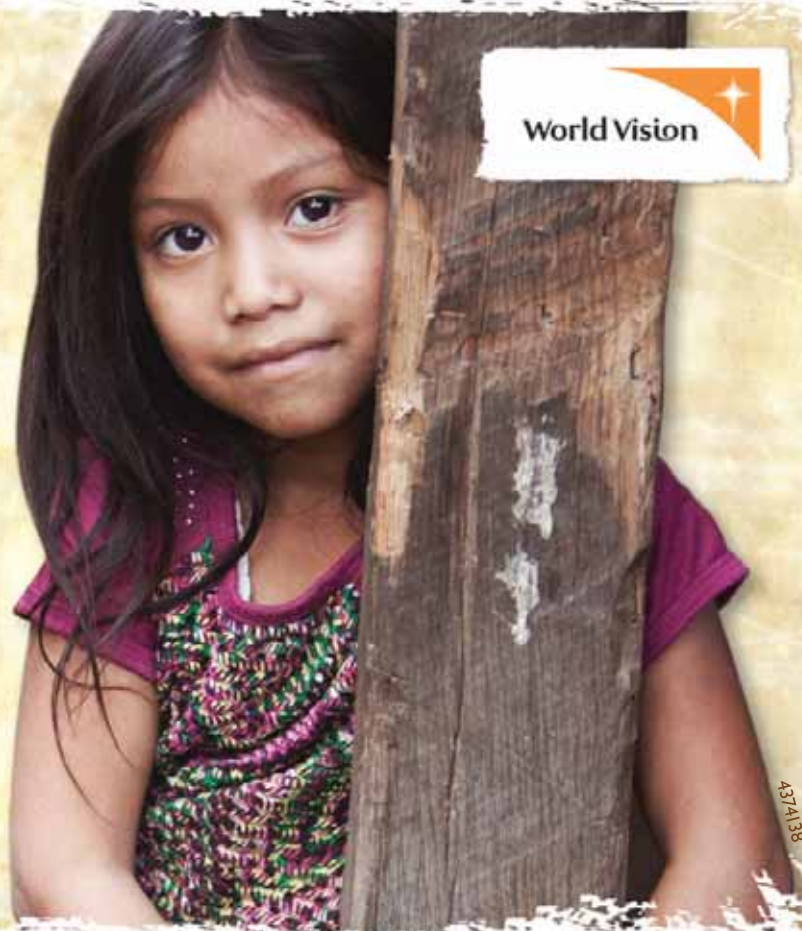
ment to others that his family, his sponsor, and World Vision have provided him. And he hopes that someday people will look at him and see only the gifted young man. "I want to tell them that I am worthy, not for my disability, but for my ability."

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4374138

Foreign worker credentials feds' key focus in fall

Foreign workers. Environics report says immigrant workers feel language, job requirements are key employment hurdles

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers have told government-commissioned researchers there are huge obstacles preventing them from finding jobs despite their being qualified to work in Canada.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus

groups across the country said other issues hinder their ability to get work. The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems.

Altogether it was felt formal recognition of foreign credentials was not a major barrier to employment.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled immigrants had trouble finding work.

Earlier this summer, Kenney announced an agreement with the provinces to recognize 10 new occupations, including welders, carpenters and electri-

cians, to improve foreign-credential recognition.

Since introducing them in 2012, the Conservatives have issued more than 1,000 foreign credential recognition loans to help them pay to have their credentials recognized in Canada.

Participants in the Environics report also urge the government to raise more awareness about credential issues, additionally suggesting an education component be added with a focus on the skills needed to work in Canada.

"From the participants' perspective, the more details the better and the sooner they can find out about these details in their immigration process, the better," the report said.

THE CANADIAN PRESS



Norbert helps Phoenix break rain record

Floodwaters surge Monday in Scottsdale, Ariz. The remnants of Hurricane Norbert pushed into the desert southwest and swamped Arizona Monday, breaking the previous record for rainfall in a single day in Phoenix.

RICK SCUTERI/THE ASSOCIATED PRESS



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Nanisivik. Amid high costs, government ditched plans for base: Document

The Defence Department balked after the cost of a long-delayed docking and refuelling station in the Arctic ballooned to more than twice its original estimate, a newly released document shows.

The soaring price tag is the reason the federal government decided to scale back its original plans for the Nanisivik naval base, at the eastern entrance to the Northwest Passage.

A December 2013 briefing note to Defence Minister Rob Nicholson says the Royal Can-

adian Navy in 2010 approved a \$258-million plan to build the base. That was a huge jump from an estimate of \$100 million made in 2007, when Prime Minister Stephen Harper made his "use it or lose it" speech about the Arctic.

The new cost proved too steep for the department, forcing the Defence Department to abandon its original plans for new offices, workshops and accommodations, a landing strip, and a full-time year-round staff of 15 people. **THE CANADIAN PRESS**

Discrimination. Ottawa firm rapped for saying it 'only hires white men'

Ontario's Human Rights Tribunal ruled an Ottawa-area company discriminated against a foreign-born applicant by telling him it "only hires white men."

The tribunal ordered Ottawa Valley Cleaning and Restoration to pay \$8,000 to Malek Bouraoui, who was denied a job

last year. Bouraoui said after applying for a job, he received a call from a man named Jesse, who asked what country he was from and whether he was white or black. He later received text messages from Jesse, saying he didn't hire foreigners to keep "the white man working."

THE CANADIAN PRESS

Hunter mauled

Missing Calgary hunter found dead, RCMP says

A hunter missing in Kananaskis Country in southern Alberta has been found dead, Mounties say.

Calgary native Rick Cross, 54, appears to have been fatally mauled by a bear. He had been reported missing by his family after failing to return from a weekend hunting trip.

Meanwhile, the RCMP says snow across Alberta's Rockies is hampering the search for Ralph Greenaway, 40, who went hiking in Banff Sept. 2 and has not been seen for a week.

THE CANADIAN PRESS

Union demands

B.C. teachers may vote to end strike

The B.C. Teachers' Federation will conduct a provincewide vote Wednesday, asking members if they're prepared to end the strike if the government agrees to drop a contract clause over class size and composition and to binding arbitration.

THE CANADIAN PRESS

Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.



Kate, Duchess of Cambridge, with son Prince George and Britain's Prince William during a visit to the Sensational Butterflies exhibition at the Natural History Museum in London on July 2. JOHN STILLWELL/THE ASSOCIATED PRESS

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be

here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled. It's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl,

will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first. **THE ASSOCIATED PRESS**

Poroshenko gives speech of strength in southeast Ukraine

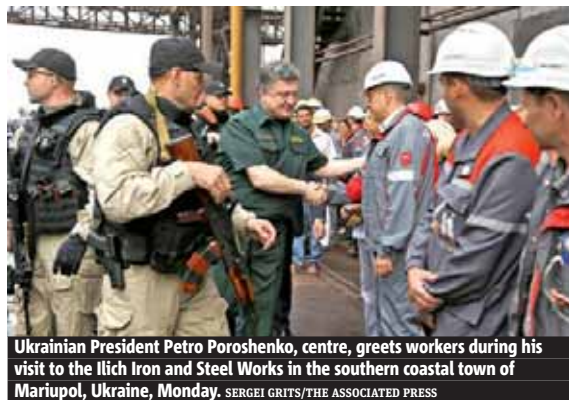
Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to willingly loosen what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue-and-yellow colours after leading the room in singing the national anthem.

"Mariupol proved that we won't let anybody burn our city to the ground. The workers of Mariupol protected peace and calm in the city," he said, emphasizing that in eastern Ukraine "our most important resource is people."



Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

But despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. He also reiterated that independence for the separatist region was off the table and that there would be no political negotiations to end the crisis other than with "elected leaders" of the region — but exactly who those leaders were was left unclear.

Those comments signalled that, even if the truce holds, eastern Ukraine's entrenched political problems are far from

being resolved.

The area around Mariupol had remained relatively untouched by violence until the last two weeks, when rebel forces pushed toward the city, shelling its outskirts as recently as Saturday. The port is strategically located on the Sea of Azov, raising fears that if it fell, the rebels could link up mainland Russia with Crimea, the Black Sea peninsula annexed by Russia in March. The move would cost Ukraine another huge chunk of its coastline and all the mineral riches believed to be under the Sea of Azov.

THE ASSOCIATED PRESS

Anti-gay bill

New law in Gambia imposes life sentence for homosexual acts

A Gambian lawmaker says the National Assembly has passed a bill imposing life imprisonment for some homosexual acts.

Minority leader Samba Jallow said Monday the bill brings life sentences for "aggravated homosexuality."

A draft bill seen by The Associated Press contains language identical to a controversial anti-gay bill signed into law in Uganda earlier this year. It defines "aggravated homosexuality" to apply to "serial offenders" and people living with HIV/AIDS.

National Assembly Speaker Abdoulie Bojang confirmed the bill amending the criminal code was passed last month but would not say whether there had been changes to the draft.

Amnesty International says the bill, if signed by President Yahya Jammeh, would add to "the climate of fear" facing Gambia's sexual minorities, who can already be jailed for up to 14 years. **THE ASSOCIATED PRESS**

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Republican support for the Yes vote in the Scottish referendum appears on a mountain in West Belfast, Northern Ireland, on Monday. THE ASSOCIATED PRESS

Yes? Scottish independence vote sends pound to new low

The British pound slid to a 10-month low against the dollar Monday and shares in Scotland-based companies fell after opinion polls suggested the campaign for Scottish independence could be edging toward victory.

A Yes vote in next week's referendum would end Scotland's 307-year-old union with England and plunge Britain into uncharted constitutional

and economic waters.

For months, polls have put the anti-independence side ahead, but the gap has narrowed ahead of the Sept. 18 vote. One poll released Sunday put the pro-independence forces in the lead while other polls give the advantage to the No side — and the sense that the race is too close to call jolted financial markets.

THE ASSOCIATED PRESS

Follow the money ...

Twitter tests 'buy' button

Twitter is testing a way to let users go shopping or make charitable contributions between tweets.

A small percentage of users were set to receive tweets from Twitter test partners Monday featuring a "buy" button that let them make purchases or donate money.

Initial partners include bands, retailers and non-profits. THE ASSOCIATED PRESS

Market Minute



DOLLAR
91.13¢ (-0.77¢)



TSX
15,509.39 (-60.53)

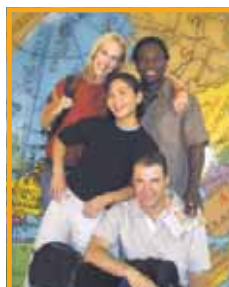


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Anti-fracking billboards' lease cut short

A billboard opposing deep-injection wells is seen in Coshocton, Ohio, in August. Michael Boals, an Ohio man who used a biblical reference and a statement against "poisoned waters" on the billboards near two wells for disposal of gas-drilling wastewater, says the messages are coming down. Boals told The Associated Press the billboards' owners were set to end his lease agreement Tuesday. He said a July lawsuit contending the signs contain false and defamatory attacks prompted them to end his three-month verbal agreement after two months. ROBERT A. FRANCO/THE ASSOCIATED PRESS FILE

What's the vision for television?

'Let's Talk TV' The CRTC has started a national conversation about TV, and everyone from the cable companies to Google has plenty to say

Online delivery services such as Netflix and YouTube would be harmed — as would consumers — if regulations for Canada's broadcast industry are extended to the digital world, says Google Canada.

The content driver issued the warning Monday at the

Pick-and-pay TV

The CRTC opened the hearings, dubbed Let's Talk TV, with the aim of developing new regulations to tackle the dramatic, technology-driven changes that have taken place in the television industry.

- The big cable companies are feeling the effects of the changes, particularly with a desire voiced by the federal

government to move to a so-called pick-and-pay system that would require an unbundling of TV channel choices.

- In its submission at the hearing Monday, the Competition Bureau said it supported pick-and-pay, but could not say whether consumers would benefit.

start of two weeks of Canadian Radio-television and Telecommunications Commission hearings looking at

how consumers view and pay for TV programming.

Some of Canada's conventional broadcasters and

distribution firms argue that online platforms should be forced somehow to make mandatory contributions to the country's television programming system.

The CBC, as one example, argues that the CRTC should require unlicensed content providers and distributors with more than \$25 million in annual revenues to pay into the Canada Media Fund.

Others, including the media fund itself, along with Ontario's Culture Ministry, have questioned whether online services should be exempt from licensing and regulation.

THE CANADIAN PRESS

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DON'T LIKE IT? DON'T EAT IT

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a



SHE SAYS

Jessica Napier

metronews.ca

surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their pre-

rogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

chef's best interest.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping \$23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!



An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.

C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. **THE ASSOCIATED PRESS**

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves



ANDREW FIFIELD

andrew.fifield@metronews.ca

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)



Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgebottom

@MarkusLkraM: NOT Ray Rice.

@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 20 in Sports.

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2 SCENE

Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE GOW
scene@metronews.ca

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like *Lawless* or simply mechanized by a creepy mask as Bane in *The Dark Knight Rises*, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama *The Drop*, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters. "I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the



Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, *The Drop*, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.

The art of acting

- **Tom Hardy on his method.** "Some actors choose a certain type of acting. Other actors get off on authenticating their specificity by transformational work," said Hardy. "That's really more of a nerd thing but that's where I'm at."

movie, isn't what he seems. "The movie's supposed to underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that

a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role. "He made me laugh a lot," recalled the actor.

"You have particular people

Quoted

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along."

Tom Hardy on his latest role as an introverted Brooklyn bartender in *The Drop*.

(that) are very talented and very beautiful and very sensitive and vulnerable and committed to the work."

DVD review



Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye. Subtitled *The Winter Soldier*, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Water-gate-meets-9/11 paranoia from influences like *The Parallax View* and *Three Days of the Condor*, the latter especially so thanks to the forceful and nuanced presence of Robert Redford. Chris Evans impressively updates the character (if not the costume) of Captain America. Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Miley, you know how to make an entrance

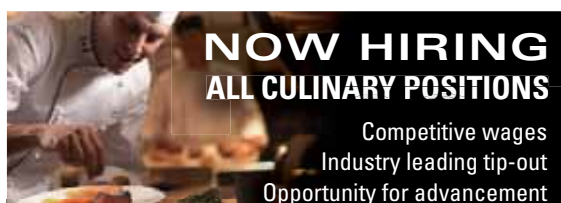


NED
EHRBAR
Metro in Hollywood

Oh, Miley. In response to the usual calls of "Who are you wearing?" dur-

ing Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?



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Bieber assault charge withdrawn



Justin Bieber GETTY IMAGES

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday. The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with

one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS



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3
LIFE

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh, the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

In this situation, maintaining good personal boundaries — “It's not me, it's them” — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint, it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour, who apologized the next day.

Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin. Take some deep breaths, then try one of the tactics listed below.

KIM SCHNEIDERMAN'S BOOK, STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE, IS BEING PUBLISHED IN THE SPRING.

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** “I see that you're angry. What would help you feel better?”
- **Take the high road.** “I can't receive any constructive feedback when you're personally attacking me.”
- **Insist on a halt.** “That's enough! We'll talk when

you've calmed down.”

- **Detoxify with an apology.** “I'm sorry. I didn't mean to hurt you. What upset you about my actions?”
- **Point out the futility.** “We're getting agitated and going nowhere. Let's back up and start this discussion again.”
- **Diffuse the anger with validation.** “What you are saying makes sense. I agree that, etc.”



There are a range of ways to deal with someone who is taking out his or her anger on you. ISTOCK



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I, **Bharath Siddharth Reddy Vennavelly**, son of Prathap Reddy Vennavelly and Sabitha Vennavelly, born on 09/22/1985, residing at #003, 4620 106A Avenue, Edmonton, AB, T6H 5J3, Canada have legally changed my name in Edmonton, Alberta on 09/09/2014 and shall henceforth be known as **Siddharth Reddy Vennavelly**.

These routines foster happiness and health



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Doing the same old, same old may not seem exciting, but it can make you and your family happier and healthier.

Research suggests that many routines can even improve your marriage and insulate teens from addictions. They help you save time and energy, too. Instead of creating each day from scratch, you have a framework of small decisions you no longer have to make — so you have more time to devote to things that matter.

Here are two examples of routines you can establish:

Have dinner as a family.

Parents know that dinner time isn't just about eating; it's about connecting and communicating. Research has found that teens who have frequent dinners with their family are less likely to abuse prescription drugs, illegal drugs, tobacco and alcohol. They are also less likely to have sex at a young age, get into fights or have suicidal thoughts. As one expert told Best Health, "There are no silver bullets, but parental engagement is key to reducing teen substance abuse, and one of the simplest ways to have that engagement is frequent family dinners."



Research shows routines, such as family dinners, can make you happier. ISTOCK

Schedule healthy habits.

If you need to get up at 5:30 a.m. in order to give yourself enough time to exercise — say, go for a run, or to the gym — before getting to work, make it as easy as possible to establish that routine. The night before, fill the coffee maker and set

it to start automatically. Pick out your work clothes, and put your gym clothes and running shoes beside your bed. A bit of planning makes it easy to stick to a routine. **FOR MORE, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

More tips

- **Be specific.** Make the goal tangible, as in: "I want us to have dinner as a family three times a week" rather than, "I want us to have more family time."
- **Get support.** Ask for help, whether it's getting a teacher's help in creating new homework routines for your child, or getting a friend to join you for walks.

For your phone

Boxercise (iPhone/iPad; free)



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

If you like to fight for your fitness, this collection of streaming instructional videos will take you through beginner boxing combinations including Muhammad Ali "sting like a bee" punching techniques.



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Healthy ingredient swaps to make your meals better

Chef Phoebe Lapine shares four easy ingredients to work into your next dish for a more flavourful and nutritious meal

EVA KIS

life@metronews.ca

When it comes to eating well, everyone knows they could be doing better. But cooking in an apartment on a busy schedule is a recipe for ordering Chinese food rather than using the wok gathering dust in the kitchen cabinet.

And on the rare occasion you do feel like cooking, you're set in your ways. Throw a few things into an anything-goes dish, such as stir-fry or fried rice, or a no-brainer salad or smoothie, and you're on the couch just in time for *The Vampire Diaries*.

But what you put into those dishes can make all the difference.

"Ideally, you'd get everything from your diet," says Mustafa Hashimi of the Vitamin Shoppe. "But even though we make our best efforts to eat a balanced diet — organic, whole food-based — you're still gonna come across some sort of nutrient deficiency."

So what if you could make the things you're already cooking better for you? We talked to chef Phoebe Lapine about four easy ingredients to work into your next dish for a more nutritious meal.

Aloe vera juice

Packed with vitamins A, C and E, the juice of the plant's inner leaves has many beneficial properties — once you get past the taste.

Benefits: Great for a healthy digestive tract, and you don't need much: about an ounce daily.

Swap: Try it in water instead of cucumber for a mineral kick. "It might even be an interesting background flavour for a cold soup like cucumber vichyssoise or a white gazpacho," says Lapine. If you absolutely can't get over the taste, blend a spoonful into your smoothie.



Liquid aminos

Derived from soybeans, it tastes like soy sauce, although it's lighter in colour and more subtle in flavour.

Benefits: Of 20 amino acids, which combine to form the building blocks of muscles and organs, the body can make 10. Liquid aminos contain 16.

Swap: Skip the soy sauce or tamari in any recipe for liquid aminos, a gluten-free alternative that's lower in sodium and doesn't require any special handling. "It's a great, nutritious substitute for regular table salt," Lapine says.



Hemp seeds

These magnesium-packed seeds have the ideal 1-to-1 ratio of omega-3 and -6 fatty acids, with anti-inflammatory properties and sterols, which reduce cholesterol.

Benefits: They're rich in protein, essential fatty acids, fibre and antioxidants.

Swap: Use them instead of pricey pine nuts in pesto. The mild flavour makes them an easy way to boost the protein content of a dish. "I love them sprinkled on top of salads, mixed into my smoothies or finishing a cooked dish with some as garnish," Lapine says.



Apple cider vinegar

Bragg's version is made with organic apples — unfiltered and unpasteurized.

Benefits: It can help level out your blood sugar and protect your gut. Stir some into your

tea with honey, lemon and cayenne for an immunity boost.

Swap: Any vinegar, especially lighter varieties.

"It also adds a nice punch to rich savory stews that need a little acidity — just add a tablespoon while simmering."



Celebs share thoughts on suicide, depression

Mental Health. Robin Williams' sadness shared by other talents, like Owen Wilson, Halle Berry and Louis C.K.

EVA KIS
life@metronews.ca

Robin Williams' suicide has put the issue of mental illness in the spotlight.

Williams is the latest in a long history of celebrities who have killed themselves, or tried to take their own life. Owen Wilson attempted suicide in 2007 after splitting with Kate Hudson. Halle Berry once tried to kill herself by carbon monoxide. Fashion designer Alexander McQueen, who had battled depression for much of his life, took his own life soon after his mother's death. Drew Carey attempted suicide — twice. Billy Joel, Elton John and Princess Diana all tried to end their own lives.

Some of the celebrities who have made it through

their darkest moments went on to share their stories of what drove them to the brink, and how they pulled themselves back.

British comedian Stephen Fry tried to kill himself in 2012. In 2013, he wrote a deeply personal blog about one of the essential contradictions of being famous and human at the same time.

"What the f— right do I have to be lonely, unhappy or forlorn? I don't have the right. But there again I don't have the right not to have those feelings. Feelings are not something to which one does or does not have rights. In the end, loneliness is the most terrible and contradictory of my problems."

In response, Alastair Campbell, the former spokesman for British Prime Minister Tony Blair, wrote that mental illness would get more clout if it were treated like any other illness.

"Stephen Fry is often called a national treasure. He is clever, witty, hugely successful, massively popular. So 'what the f— does he have to be depressed about?' Nothing. It just f—ing is ... We are a long way from the goal of



During the lowest point in his career, comedian Louis C.K. says he wanted to give up, but couldn't. GETTY IMAGES

parity of understanding and treatment of physical and mental health. You would never say, 'What does he have to be cancerous about, diabetic about, asthmatic about?'"

Robin Williams, who often spoke openly about his struggles with addiction and depression, said he relapsed after 20 years' sobriety because of anxiety issues. In 1989, he told the Associated

Press how comedy helps him deal with the difficulties of life.

"You look at the world and see how scary it can be sometimes, and still try to deal with the fear. Comedy can deal with the fear and still not paralyze you or tell you that it's going away. You say, 'OK, you got certain choices here. You can laugh at them, and then once you've laughed at

them and you have expunged the demon, now you can deal with them.' That's what I do when I do my act."

Not all depression leads to suicide attempts. In an interview with *GQ* magazine earlier this year, comedian Louis C.K., suffering depression at the lowest point of his career, pinpointed the frustration of being "all right" when everything is wrong.

"It never stopped getting worse. I remember thinking, 'This is too much for me to handle.' I wanted to give up. I knew it was my right to. But then a few minutes would go by and I'd realize, I'm still here."

"In other words, there was no escape from it. And I'd be a little disappointed at not being truly suicidal. I hated being 'all right.'"

J.K. Rowling was suicidal

Surviving with depression doesn't have to be shameful. It can be a badge of courage. Harry Potter author J.K. Rowling suffered through suicidal thoughts following her separation from her husband and before writing the books that would make her famous. In 2008, she told a student magazine at Edinburgh University: "I have never been remotely ashamed of having been depressed. Never. What's to be ashamed of? I went through a really rough time and I am quite proud that I got out of that."

Health Solutions

Breaking out of the bread box — literally



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore. Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber
- Filled celery groove
- Red peppers as bread

Snaz up fillings by turning them into salads and hollowing out buns or baguettes. Try:

- Tuna, olives, grapes and chopped celery
- Cooked potatoes, chick peas, curry powder and yogurt
- Salmon, dill, chopped kale and honey mustard
- Feta cheese, chopped peppers, steamed Brussels sprouts and oregano
- Frozen spinach, blue cheese, mayo, dried thyme, and chopped garlic

Lunchbox season is upon us and you'll be bored of cheese on bread in no time. Slap this list on the fridge and avoid the brown-bag burnout.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Who needs meat? All hail Baby Kale Caesar Salad Sandwiches

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

THERESA ALBERT
myfriendinfood.com

This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are ready to enjoy and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread for rice or lettuce wraps!

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss

FLASH FOOD



From your fridge to your table in 30 minutes or less

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens



This recipe serves four. THERESA ALBERT

with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini

press or in a skillet, pressing to flatten. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TO-

RONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



A Better Route for Managing Overactive Bladder Should Have Fewer Bathroom Stops

If the symptoms of overactive bladder (OAB) — such as the frequent and sudden urge to urinate, followed by leakage — are interrupting your day, the **SYNERGY** study may be an option. It is a clinical research study evaluating an investigational combination of two drugs prescribed for OAB to see if, when taken together, they provide more relief than when taken on their own.



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Cilic returns to win the U.S. Open title

Lopsided. Croat takes less than two hours to overpower Nishikori in straight sets

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a check for \$3 million U.S.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a match-up between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."



Nishikori stunned No. 1 Novak Djokovic in the semifinals, and this was the first Grand Slam final since the 2005 Australian Open without Djokovic, Federer or Rafael Nadal, who won the U.S. Open in 2013 but is sidelined now by a wrist injury. That trio had won 34 of the past 38 major titles, but this was the second of this season that eluded them.

Some, including Cilic, had seen Stan Wawrinka's victory at the Australian Open in January as an indication that

Suspension

Twelve months ago, Cilic missed the U.S. Open while serving a four-month ban after testing positive for a stimulant at a tournament in Germany in May 2013.

the next tier was about to get a crack at the hardware.

Cilic, whose only previous trip as far as the semifinals at a major came at the 2010 Australian Open, used the forced

break from competition to improve his game. And that work was on full display the past two weeks — particularly Monday, under thick grey clouds and in a strong breeze.

Both six-foot-six Cilic, who is 25, and the five-foot-10 Nishikori, 24, are coached by someone with a Grand Slam title: 2001 Wimbledon champion Goran Ivanisevic, the last Croatian man to win a major, works with Cilic; 1989 French Open champion Michael Chang works with Nishikori.

THE ASSOCIATED PRESS

CFL

Eskimos' Watkins apologizes for homophobic slur

Edmonton Eskimos cornerback Pat Watkins apologized for a homophobic slur he directed at Calgary Stampeders quarterback Bo Levi Mitchell in Saturday's game.

"I apologize to Calgary quarterback Bo Levi Mitchell, the Canadian Football League, the Edmonton Eskimos, fans and all who were offended by the insensitive remark I made on field following his touchdown," Watkins said Monday in a statement issued by the Eskimos.

Mitchell threw for 216 yards and two touchdowns and also scored a rushing touchdown in Calgary's 41-34 win over Edmonton.

THE CANADIAN PRESS

NFL

Ravens cut Rice over video of him striking fiancée

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino, which closed Sept. 2.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus

April 21 - May 21

If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini

May 22 - June 21

Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer

June 22 - July 23

The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo

July 24 - Aug. 23

Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo

Aug. 24 - Sept. 23

You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra

Sept. 24 - Oct. 23

Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio

Oct. 24 - Nov. 22

You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

♐ Sagittarius

Nov. 23 - Dec. 21

Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn

Dec. 22 - Jan. 20

You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius

Jan. 21 - Feb. 19

If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces

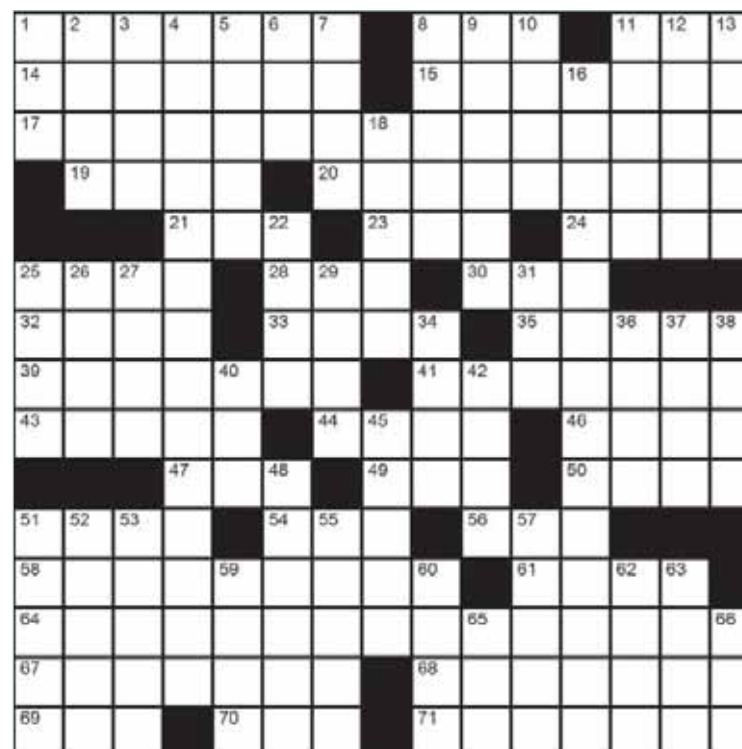
Feb. 20 - March 20

A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-shares
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. ___ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... ___ wood-chuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The ___" (Early-1900s medical drama, on HBO Canada)
39. Canada ___ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoosle!"
46. Man '___' (Legendary racehorse)
47. Wood sorrel
49. Gone'tby
50. California wine valley



51. Wee moo-er
54. "Am ___ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.

67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

1. Certain crown corp.
2. "___ Flux" (2005)
3. ___-shanter
4. "Whereas Canada is founded upon principles that recognize the ___ and the rule of law." - Canadian Charter of Rights and Freedoms

5. Subatomic particles
6. Burdened beast
7. The Kingston ___Standard (Kingston, ON newspaper)
8. ___Base's "The Sign"
9. Where BBRY is traded
10. Zap

11. "Night ___ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy ___ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph ___, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: ___-___
52. "___ you the clever one!"
53. Filmmaker George
55. "Finding Vivian ___" (2013)
57. Doesn't ___ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. ___ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword



Online

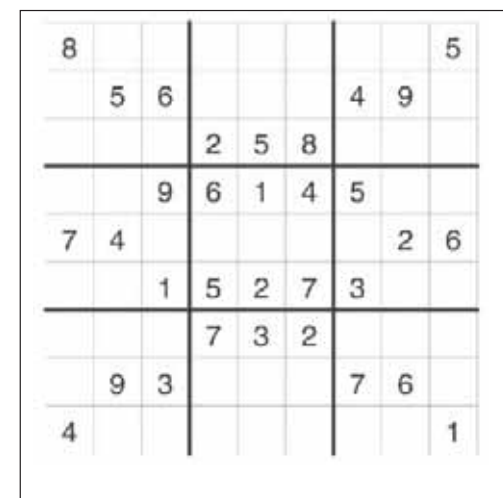
See today's answers at metronews.ca/answers

Sudoku

How to play

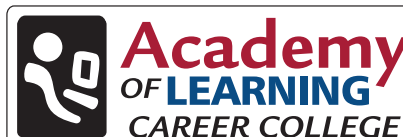
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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